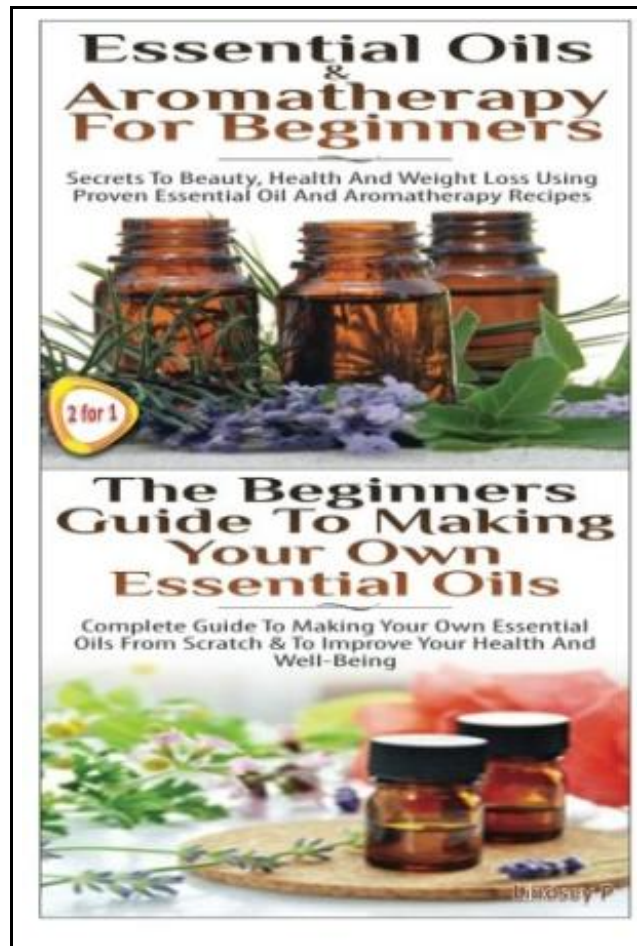


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(Bailey Lehner)

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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Aromatherapy: These essential oils have different properties that work to help you in breaking down fat in order to be fully absorbed by your body and turned into energy. They help curb your appetite and your midnight-snack cravings. They affect the part of the brain to help you relax and calm down instead of converting your anxieties and stresses into overeating. The essential oils discussed in this book will be your ally in keeping a regular exercise routine. There are various skin care problems that essential oils can cure. The most common are acne, wrinkles or aging skin, fungal infections, psoriasis, eczema and minor skin burns and wounds. We will discuss each problem in turn. Essential oils can also be used to promote great hair. These are just a few great features of essential oils! Popular and in trend why don t you try this book and see if your on your way to becoming an essential oils lover too! Essential Oils Aromatherapy Sneak Peak: Using Essential Oils Skin Care Hair Care Carrier Oils Stress and Pain Relief Weight Loss Caution When Using Essential Oils Much, Much More Making Essential Oils: Since the beginning of time, aromatherapy has been used by our ancestors to promote health, for medical practice and for personal hygiene. Aromatherapy uses essential oils extracted from flowers, stems, leaves, barks and other parts of a plant. These essential oils are believed to enhance physical as well as psychological well-being. The aroma of these essential oils is believed to stimulate brain function when inhaled. Essential oils are also absorbed through the skin easily, wherein they promote well-being and healing by travelling through...



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